

DATE 3-13-09  
My name is Sasha  
HB 390

Good morning. Senator Balyeat + members of Committee, thank you for this opportunity to speak on behalf of HB 390. My name is Sasha Lindberg + I am a doula, that is a professional labor support attendant, + a childbirth educator in Belgrade. My family chose to give birth w/ a CNM in our home 10 yrs. ago. I urge you to vote yes on HB 390.

Birth is a sacred + profound event in family life. Honoring the birth experience respects the mother, the father + the precious life of the baby. Safe, gentle birthing practices are important to my family + to the families I serve. Because we believed a midwife assisted birth to be safest, my husband + I chose a CNM. We felt completely safe knowing Mikellarn was watching over our baby + myself. In this environment I was able to give birth easily, w/ no pain or complication. Like the vast majority of midwife attended births, ours was free of medical intervention + the safest choice for us. Luckily my insurance co. covered this service + I could base my ~~the~~ birth place + provider decisions on facts rather than money.

As a doula I've witnessed over 40 births + the good, competent + loving care I received fr. Mikellarn is still my model of excellent care. The families I serve, want + deserve good choices. Many of them choose the birth center; only some are able to afford this care because their insurance doesn't cover it or they are on Medicaid. Their freedom to choose what they believe is best for their birth + baby is greatly restricted + they face an increased risk of medical interventions, incl. a one in 3 chance of C-sect, by being forced to birth @ a hosp.

Those families who've been able to afford the birth center have given ~~the~~ the facility + midwives + care level excellent marks. I've had the pleasure to work as a doula in a clean, modern, very safe ~~a~~ center + w/ competent, caring + professional midwives. The care is truly excellent.

the class, although it is common outside of school, especially here.  
Each day after school, the children go outside to play or do whatever they want to do. They have the freedom to do what they want, which is a good thing. This allows them to express themselves and have fun. It also helps them to learn new things and develop their creativity. The school provides many opportunities for outdoor activities, such as sports, music, art, and drama. These activities help the children to stay active and healthy, while also providing them with a sense of accomplishment and pride. The school also has a strong emphasis on environmental education, which is important for the future of our planet. The students learn about recycling, composting, and sustainable living. They also participate in tree planting and other environmental projects. This focus on environmental issues is reflected in the school's curriculum, which includes subjects like science, math, and social studies. The school also has a strong emphasis on community involvement. The students participate in various community service projects, such as food drives, clothing drives, and clean-up events. These projects help the students to understand the importance of giving back to their community and making a difference. Overall, the school is a great place for children to learn and grow. The teachers are dedicated and caring, and the students are happy and engaged. The school's focus on education, environmentalism, and community involvement makes it a unique and special place.

In closing, Midwifery is safe, ~~is~~ cost effective + gentle.  
families who want a birth center birth should be able to have  
Medicaid or insurance pay for this choice. It's good for women + for  
babies. Please vote yes on HB 390. Thank you.